

# Falls Church Recreation and Parks

Summer 2007



**City of Falls Church Farmers' Market**  
**30th Annual Falls Church Open Tennis Tournament**  
**26th Annual Memorial Day Parade and Festival**  
**Concerts in the Park**  
**Independence Day Celebration**

See page 4 for details

*photo by Gary Mester*

**Main Number: 703-248-5077**

**Inclement Weather/Open Gym Hotline: 703-248-5125**

**Special Events: 703-248-5178**

Registration Dates

Residents: May 14

Non-Residents: May 21

# General Information

## Registration Starts

Falls Church City Residents:

**Monday, May 14, 2007**

Non-City Residents:

**Monday, May 21, 2007**

## Registration Location

Falls Church Community Center

223 Little Falls Street

## Registration Hours

<b>Monday-Thursday</b>	<b>8am to 10:30pm</b>
<b>Friday</b>	<b>8am to Midnight</b>
<b>Saturday</b>	<b>8:30am to Midnight</b>
<b>Sunday</b>	<b>12pm to 6pm (Jan-March)</b>
<b>Sunday</b>	<b>2pm to 6pm (April-Dec)</b>

## Mail-In Registration Starts

Falls Church City Residents:

**Monday, May 14, 2007**

Non-City Residents:

**Monday, May 21, 2007**

Please complete the Household Registration Form and include payment. **In-person registration takes priority over mail.** Registrations received prior to these dates will be held and included with the mail received on the first day of registration.

### Mail to

Falls Church Recreation & Parks Dept.

223 Little Falls Street

Falls Church, VA 22046-4304

### Phone-In

There will be no phone-in registration on the first day of resident (May 14) and non-resident registration (May 21). Phone-in registration will start on the second day of registration either May 15 or May 22.

**Note: In-person registration takes priority over mail and phone-in.** No applications will be processed prior to the beginning registration dates. Registrations received prior to these dates will be held and included with the mail received on the first day of registration. Phone-in registration with credit cards only.

### Register Early

All classes are filled on a first-come, first-served basis.

**Deadlines to register are typically one week prior to the start of the class.** Early registration helps prevent cancellations.

## Refund Policy

### Fall, Winter, Spring and Summer Activities

The Recreation & Parks Department will provide a full credit or refund for an activity if the activity is cancelled by the Department, or upon request when schedule or location changes made by the Department prohibit or limit an individual's ability to attend an activity.

### Five or More Business Days Before Activity Starts (camps require two weeks)

For any reason other than those noted above, a "Request for Refund/Household Credit" form must be completed and submitted at least five business days before the start of an activity.

- Requests for a *refund* made at least five business days before an activity starts will be granted, *less a 20% processing fee.*
- Requests for a *credit* made at least five business days before an activity starts will be granted, *less a 10% processing fee.*

### No Refunds Given Less Than Five Business Days Before Activity Starts

- Requests submitted less than five business days before an activity starts or after the activity starts, will only be granted **for medical reasons (doctor's note required)** or **for relocation of at least 25 miles** from the City of Falls Church.
- Refunds granted after an activity starts will be prorated to charge for the classes that have occurred and there will be a 20% processing fee.
- Credits granted after an activity starts will be prorated to charge for the classes that have occurred and there will be a 10% processing fee.

**No refunds or household credits will be given if the request for such is submitted after the activity has ended.**

The Recreation and Parks Department reserves the right to correct any misprinted item in this publication. Any corrections will be available at the Falls Church Community Center front desk.

### Registration Dates

**Residents: May 14**

**Non-Residents: May 21**



## Recreation and Parks Advisory Board

Robert Meeks, *Chair*  
Gerard Mene, *Vice Chair*  
Joyce Berg  
Charles O'Hara  
Lawrence Webb  
Ruth Rodgers, *Planning Commission Representative*  
Kathryn Chandler, *School Board Representative*

## Recreation & Parks Staff

Howard E. Herman, *Director*  
Daniel J. Schlitt, *Facilities & Operation, Senior Program Supervisor*  
Jenny Elmore, *Hobby Classes & Special Events, Program Supervisor*  
Chris Madison, *Sports Coordinator, Program Supervisor*  
Debbie Wright, *Teen Recreation Specialist*  
Tracy Browand, *Senior Recreation Specialist*  
Diane Morse, *Cherry Hill Farmhouse Coordinator*  
Linda Weikle, *Senior Administrative Assistant*  
Lawrence Goff, *Crew Leader, Parks and Landscape Maintenance*  
Charles Jones, *Landscape Maintenance Worker*  
Mike Batky, *Building Maintenance Worker*  
Juan Salguero, *Building Maintenance Worker*  
Sonny Sikhattana, *Building Maintenance Worker*

## Phone Numbers

Recreation & Parks Division Office ..... 703-248-5077  
Falls Church Community Center..... 703-248-5077  
Falls Church Senior Center..... 703-248-5020  
Cherry Hill Farmhouse..... 703-248-5171  
Gym Hotline/Inclement Weather ..... 703-248-5125  
Special Events Hotline..... 703-248-5178  
Fax ..... 703-536-8150

### Facility Locations

**Falls Church Community Center**  
223 Little Falls Street  
**Cherry Hill Farmhouse**  
312 Park Ave.  
**George Mason High School**  
7124 Leesburg Pike  
**Mary Ellen Henderson Middle School**  
7130 Leesburg Pike  
**Thomas Jefferson Elementary**  
601 S. Oak Street  
**Mt. Daniel Elementary**  
2328 N. Oak Street

## Open Gym Hours

Register at the front desk before entering the gym

City Residents: ..... Free  
Non-City Residents 5 and under: ..... Free  
Non-City Residents 6-18 or 65+: ..... \$2  
Non-City Residents 19-64: ..... \$3  
Hotline: ..... 703-248-5125  
Call for current schedule.

## Youth Gym Time

**Ages 18 and under only:** Monday-Friday, 3-5pm.

## Teen Gym Time

**Ages 13-19 only:** Friday and Saturday 7pm-Midnight

## Adult Gym Time

**Ages 19 and over only:** Monday, 8-10:30pm.

## Hobby Class Holiday Schedule

No classes are held on these holidays unless otherwise noted.  
July 4, Independence Day

## Community Center Holiday Schedule

The building is closed Wednesday, July 4

## Community Center Hours of Operation

Monday-Thursday: ..... 8am-10:30pm  
Friday: ..... 8am-12 midnight  
Saturday: ..... 8:30am-12 midnight  
Sunday: ..... 2-6pm (April-Dec) / 12-6pm (Jan-March)

## Policy of Non-Discrimination on the Basis of Disability

The City of Falls Church does not discriminate on the basis of disability in its employment practices or in the admission to access to, or operation of its services, programs, or activities. Letha Flippin, 300 Park Ave., Falls Church, VA, has been designated to coordinate compliance with the ADA non-discrimination requirements. The City of Falls Church is committed to the letter and spirit of the Americans with Disabilities Act. This document will be made available in alternate format upon request. Call 703-248-5077, (TTY 711).

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# General Information

## SPECIAL EVENTS

### Farmers' Market

Now open year round!

Saturdays in City Hall Parking Lot, 300 Park Avenue

December 23, 2006-April 28, 2007, 9am-Noon

May 5-December 15, 2007, 8 am-Noon

Enjoy fresh fruit, vegetables, flowers and more!



*photo by Gary Mester*

### 30th Annual Falls Church Open Tennis Tournament

Registration started March 19

Open to all interested tennis players

The tournament is played May 21-June 17.

Draws are done on Friday, May 18. Players schedule own matches within a specified amount of time. Additional information, including categories and fees, is available by calling 703-248-5077.

### 26th Annual Memorial Day Parade & Festival

Monday, May 28, 9am-5pm

City Hall Grounds, 300 Park Avenue

The day includes a 3K fun run, parade, Veterans Ceremony, craft and food booths, games, pony rides and much more.



### Concerts in the Park

The City of Falls Church Recreation and Parks Department and the Village Preservation and Improvement Society are proud to announce the lineup for the 15th season of Summer Concerts in Cherry Hill Park! The concerts will occur on seven consecutive Thursdays beginning June 21, 2007. Concerts start at 7PM. Also featured will be displays of local artists courtesy of Falls Church Arts. Come, bring your blanket or folding chair and picnic supplies, and join your friends and neighbors to enjoy one of the highlights of the summer.

- June 21: Falls Church Concert Band (music from Broadway)
- June 28: Sin Miedo Band (Latin, Salsa, Chacha and Bolero)
- July 5: Tom Principato (Rock and Roll, Blues)
- July 12: The Shebeens (Irish Music and Song)
- July 19: Sudden M Pac Band (R&B, Jazz)
- July 26: Andrew Acosta and The New Old-Time String Band (Bluegrass and Swing)
- August 2: Randy Barrett (Bluegrass)

### Independence Day Celebration

Wednesday, July 4 (Rain date July 5)

George Mason High School, 7124 Leesburg Pike

Entertainment, 7pm

Fireworks, 9:15pm

Bring a blanket or chair!

### Special Services

**Farmers' Market:** Held every Saturday, 9am-noon from Dec 23-April 28 and 8am-Noon from May 5-Dec 15, in front of City Hall.

**Senior Metro Passes:** \$10 at the Falls Church Community Center, 223 Little Falls Street. Exact cash and Visa, Mastercard, American Express and Discover.

**Picnic Shelters:** Shelters in four City parks (Cherry Hill, Roberts, Madison and Berman Parks) can be reserved. Call 248-5077, Monday-Friday, 8am-5pm for availability, fees and application.

**Tennis Courts:** Lighted courts at Cavallier Trail Park, George Mason HS and the Community Center can be reserved by city residents. Unlighted courts on Cherry Street are first come, first served. Reservations for lighted courts can be made up to one day in advance. Please call 248-5077 for reservations.

## Registration Starts

Falls Church City Residents: **Monday, May 14, 2007**  
Non-City Residents: **Monday, May 21, 2007**

## How To Register

**WALK-IN:** at the Falls Church Community Center, 223 Little Falls St. We accept checks, cash (exact change only), credit cards, and debit cards. Once you have entered our computer system, there are no registration forms to fill out!

**MAIL-IN:** Mail-in registrations are processed the second day of registration. Complete the Household Registration Form (located on the back inside cover), include payment by check or with a credit card and mail to:

**Falls Church Recreation & Parks**

**223 Little Falls St., Falls Church, VA 22046**

**PHONE-IN:** There will be no phone-in registration on the first day of resident or non-resident registration. Phone-in registration can start on the second day of registration either May 15 or May 22. To register by phone, please call **703-248-5077**.

**Note: In-person registration takes priority over mail and phone-in.** No applications will be processed prior to the beginning registration dates. Registrations received prior to these dates will be held and included with the mail received on the first day of registration. Phone-in registration with credit cards only.

## CHARGE IT!

**We accept DISCOVER, VISA, MASTERCARD and AMERICAN EXPRESS. Checks should be made payable to the "City of Falls Church."**

**Fees:** Payment must accompany registration.

**Confirmations:** You will be notified if the class is cancelled or changed. Your receipt provides you with class information including start date, time and location.

**Register Early:** All classes are filled on a first-come, first-served basis. Deadlines to register are normally one-week prior to the start of the class.

**Late Registration & Transfers:** Late registrations and transfers are accepted if an opening is available.

**Senior Citizens:** Senior Citizens (65+) residing in the City of Falls Church will receive a 50% discount on registration fees only. All supply or material fees must be paid in full.

**Financial Aid:** Financial aid is available for City of Falls Church residents only. Forms are available in the main office, online, or call 248-5077 for more information.

**Refund Policy:** The Recreation & Parks Department refund policy can be found on page 2.

**INCLEMENT WEATHER POLICY:** Programs, activities and classes are divided into day and evening sessions. The Day Session includes all activities that take place or start between the hours of 8am and 3pm. The Evening Session includes all activities that take place or start after 3pm. Depending on weather conditions, it is possible that activities may be cancelled for the day session and held for the evening session or vice versa. **For up-to-date information, please call the inclement weather hotline at 703-248-5125.**

**Holidays:** Classes will not be held on City-observed legal holidays unless otherwise noted. Holidays falling in this class session are: July 4.



Primary Household Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone Number: ( ) \_\_\_\_\_ Work Phone Number: ( ) \_\_\_\_\_

Emergency Contact and Phone Number: \_\_\_\_\_

☐ Special Assistance is needed for one or more of individuals listed on registration.

Please Explain: \_\_\_\_\_

I understand that there may be risk inherent in any activity, including exercise, and I acknowledge that I have been advised to seek the advice of a medical doctor before I or my child participates in this program. I and my child agree to assume all risks of illness or injury resulting from participation in the program(s) noted below. I understand that the City of Falls Church makes no representations as to the safety of this program for me. I and my child hereby waive and release the City of Falls Church, its agents, officers and employees, including the program instructor, from and against all claims for illness or injury directly resulting from my participation in this program.

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(Signature of parent/guardian if under 18)

Payment Method: ☐ Check ☐ Credit Card - circle: Visa, Mastercard, American Express, Discover

Credit Card Number: \_\_\_\_\_ Exp Date: \_\_\_\_\_

Participant Name	Male/Female	Date of Birth	Activity Registration #	Activity Name	Activity Fee
Please read class information carefully and make checks payable to City of Falls Church.					<b>Total</b>

# Cherry Hill Farmhouse



**Cherry Hill Farmhouse**  
312 Park Avenue  
703-248-5171

The Cherry Hill Farmhouse is located on Park Avenue, near City Hall and the Falls Church Community Center. The house hosts special events and is available for rent for special occasions.

Cherry Hill Farmhouse was built in 1845. The well-preserved house is an excellent example of a Greek Revival style framed home of the period. Today the house is fully furnished with antiques of the mid-19th century. Historic interpretations of the house focus on the time period 1856-1865 when the Blaisdell family lived at Cherry Hill.

William Blaisdell purchased the 73-acre farm in 1856. He sold his produce at the Centre Market in Washington, D.C. Mr. Blaisdell managed to successfully farm the property through the Civil War. The City of Falls Church now owns Cherry Hill. The household furnishings and antique tool collection in the barn are owned by the Friends of Cherry Hill Foundation. Today reenactments, concerts, readings, lectures, and teas take place at Cherry Hill throughout the year. Special tours can be arranged for large groups, scout troops and school children by calling 703-248-5171. The house is open to the public between the hours of 10am and 3pm, Monday through Thursday. April through October the house is also open on Saturdays between the hours of 10am to 1pm.

Cherry Hill can also be rented for special occasions. The house and surrounding park provide a lovely setting for wedding receptions and small parties. The house capacity is 50 people for a standing event and 20 for a seated event. For larger parties, the outside grounds can be used and a tent is recommended. Reservations are made through the Recreation and Parks Division at 703-248-5077. For more information on any events taking place at Cherry Hill, call Diane Morse at 703-248-5171.

## Events at Cherry Hill Farmhouse

### Events at Cherry Hill Farmhouse Tussie-Mussies Mother's Day Workshop

**Saturday, May 12, 10 a.m.**

Make a talking bouquet or "word poesy" and learn about the Victorian language of flowers.

**\$8.00. Ages 10 - Adult.** Call 703-248-5171 for reservations.



### Falls Church Civil War Day

**Saturday, May 19 from 10am-3pm**

Learn about Falls Church during the Civil War as reenactors portray citizens and soldiers from the period. **Free admission.** Call 703-248-5171 for more information.



### Lavender Wand Workshop

**Saturday, June 30, 10 a.m.**

Learn how to make a lovely lavender wand that will stay fragrant for years. Ages 8 - Adult. Fee:\$5.00.

Call 703-248-5171 for reservations.





## PRESCHOOL

The program focuses on fun and positive learning experiences for 3-5 year olds with activities centered around arts & crafts, music, drama, and games. Through these mediums the focus on coloring, painting, cutting, shape, letter, and number recognition provide experiences which prepare a child for a smooth transition to kindergarten, and while learning responsibility and good social skills the child is enabled to grow as an individual. Our qualified staff and small class (ratio of 16:2) make a safe program for everyone; we are licensed by the State of Virginia Department of Social Services. **Children must be potty-trained.** Proof of age via birth certificate and physical and immunization report is required the first day of the program.

**Fall session fees are due at time of registration. You are encouraged to enroll for the remainder of the year by placing a \$100 non-refundable deposit on the winter-spring session which will assure your spot for the entire year. The balance of the winter-spring fees are due by December 14.**

**Instructor:** Alison Collins **Location:** Preschool Room

### Fall Session Preschool – Juniors

(Birth dates Oct. 1, 2003-Sept. 31, 2004)

**Tuesdays & Thursdays: 9am-Noon**

**111001-A Class Dates:** September 11-December 20  
(15 weeks)

No class November 22.

**Fees:** R: \$445 / NR: \$455

### Preschool – Seniors

(Birth dates Oct. 1, 2002-Sept. 31, 2003)

**Mondays, Wednesdays, & Fridays: 9am-Noon**

**111002-A Class Dates:** September 10-December 21 (15 weeks)

No class October 8, November 12, and November 23.

**Fees:** R: \$660 / NR: \$670

### Winter/Spring Session Preschool – Juniors

(Birth dates Oct. 1, 2003-Sept. 31, 2004)

**Tuesdays & Thursdays: 9am-Noon**

**211001-B Class Dates:** January 3-May 22 (19 weeks)

No class April 18 and April 20.

**Fees:** R: \$560 / NR: \$570

### Preschool – Seniors

(Birth dates Oct. 1, 2002-Sept. 31, 2003)

**Mondays, Wednesdays, & Fridays: 9am-Noon**

**211002-B Class Dates:** January 4-May 23 (19 weeks)

No class January 21, February 18, and April 17-21.

**Fees:** R: \$830 / NR: \$840



### Pre-Kindergarten Readiness Class

#### Age 4 (Children entering Kindergarten in September 2008)

This program will offer your child opportunities to enhance and strengthen independent learning abilities in a productive and positive classroom set-up. Over and above the preschool program guidelines, your child will have a chance to participate in activities that revolve around seasonal themes accentuated to encourage cognitive thinking as well as initiate basic reading, writing and conversational skills. **Children must be potty-trained.** Proof of age via birth certificate and physical and immunization report is required the first day of the program. You are encouraged to enroll for the remainder of the year by placing a \$100 non-refundable deposit on the following session which will assure your spot for the entire year. The balance of the fees are due one week before the session begins.

**Instructor:** Sue John

**Location:** Preschool Room

**Tuesdays and Thursdays: 1-4pm**

**Fall Session**

**111003-A Class Dates:** September 11-December 20

(No class November 22.)

**Fees:** R: \$445 / NR: \$455

**Winter/Spring Session**

**211003-A Class Dates:** January 3-May 22

(No class March 18 & 20.)

**Fees:** R: \$560 / NR: \$570



# Summer Camps

## Summer Fun Playground Program

The Falls Church Recreation and Parks Division is offering a traditional playground program for rising first through sixth graders. Children will enjoy a fun-filled summer including sports, afternoon swimming, arts and crafts, games, special events and field trips. Time is also available for unstructured play. Each week's activities are centered around a theme. The camp runs from June 18 to August 3, Monday through Friday during the hours of 9am-3pm. Camp is located at Cherry Hill Park and the Gage House. A policy manual will be mailed to all participants. **Space is limited, so sign-up early!**

### Weekly Sessions:

**385001-C** July 2-6 (No camp July 4)

**385001-D** July 9-13

**385001-E** July 16-20

**385001-F** July 23-27

**385001-G** July 30-Aug 3

**Fees:** R: \$85/session / NR: \$95/session

**Entire Summer:** **385002-A** R: \$325 / NR: \$400

**Extended Care:** **389991-C, D, E, F, G** 7-9am \$22

**389992-C, D, E, F, G** 3-6pm \$33

## SWIMMING LESSONS

Learn to swim with American Red Cross Swimming Lessons at the Broadfalls Apartment Pool, 809 W. Broad Street. Recreation and Parks Department instructors will provide instruction on the basic strokes and water safety. In the event of lightning, classes will be cancelled and a class credit given to your household. Classes will be held during rain. Sessions are two weeks long. Please note: Summer Fun Program participants will be transported to and from swimming lessons. Transportation for Summer Fun campers ends Aug 3.

**Fees:** Resident: \$65/session (Session C is \$60)

Non-Resident: \$75/session (Session C is \$70)

### Preschool Swim

Ages 3-5 years will learn to swim in a fun and safe environment. Parents must accompany children and be prepared to get into water if necessary. Transportation is not provided!

**385100** 9:30-10am

**385105** 12pm-12:30pm

**Session A** June 18-29

**Session C** July 2-13 (No class July 4)

**Session E** July 16-27

**Session G** July 30-August 10

## Beginner & Intermediate Swimming

Ages 6-11 are welcome! Swimmers will be tested and placed within their skill group. Learn the fundamentals of water safety and basic strokes. No experience is necessary! Transportation is not provided!

**385102** 10:10-10:55am

**385103** 11:05-11:50am

**Session A** June 18-29

**Session C** July 2-13 (No class July 4)

**Session E** July 16-27

**Session G** July 30-August 10

## Dancing Princesses

Imagine the curtain opening with your beautiful ballerina floating gracefully across the floor in a dream sequence! Now it is time for your child's dreams to come alive! Bring one of your child's favorite toys or dolls and their favorite song and instructors will incorporate the items into camp. Extended care is not available for this camp.

### Ages: 5-7

**380207-1** **Class Dates:** July 10 & July 12

**Hours:** 9am-12 noon

**Fees:** R: \$65 / NR: \$75

**Location:** Falls Church Community Center Dance Studio

## Summer Camps Cancellations and Refund Policy

### Cancellation Policy:

The City of Falls Church Recreation and Parks Division reserves the right to cancel camps and programs for which there is insufficient registration. In addition, there is limited enrollment for all programs. Early registration prevents cancellations.

### Refund Policy:

The Recreation and Parks Department will provide a full credit or refund for a camp if the camp is cancelled by the Department.

For any reason other than those noted above, a "Request for Refund/Household Credit" form must be completed and submitted at least two weeks before the start of camp. Exceptions are listed in descriptions.

Requests for a refund made at least two weeks before the start of camp will be granted, less a 20% processing fee.

Requests for a credit made at least two weeks before the start of camp will be granted, less a 10% processing fee.

Requests less than two weeks before camp starts will only be granted for medical reasons (doctor's note required).

No refunds or household credits will be given if the request for such is submitted after camp has ended.



# Summer Camps

## Disney Dance

Students will make up dances to popular and exciting songs of Disney. Through generations of Disney songs campers ages 7-10 will study ballet, tap, jazz, and hip hop and perform magical dances the last day of camp.

**380208-F Class Dates:** July 23-27

**Hours:** 9am-3pm

**Fees:** R: \$200 / NR: \$210

**Location:** Falls Church Community Center Dance Studio

**Extended Care:** 389991-F 7-9am \$22

389992-F 3-6pm \$33

## Dance around the World

This new exciting camp for ages 8-11 explores countries through cultures, language and in particular dance. No experience is necessary for each child will learn new exotic dances from Africa, Italy, and France to name just a few.

**380209-B Class Dates:** June 25-29

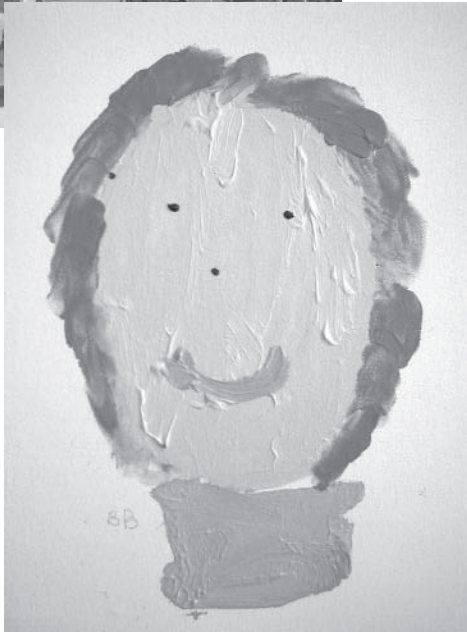
**Hours:** 9am-3pm

**Fees:** R: \$200 / NR: \$210

**Location:** Falls Church Community Center Dance Studio

**Extended Care:** 389991-B 7-9am \$22

389992-B 3-6pm \$33



## ABRAKADOODLE SUMMER ART CAMP

A snack and beverage will be provided for both half day and full day camps. Full day campers must bring lunch. The additional material fee is due the first day of camp to the instructor. Extended Care is available for full day participants only.



## Feeling Pretty Fancy

**June 18-22 Full Day:** 382007-A

**Half Day:** 382008-A

Come to Camp Abrakadoodle to get "Feeling Pretty Fancy!" We will learn about Cartier when we create our own jewelry. Learn basket weaving and become milliners as we experiment with hat design. Decorate a pair of flip flops while learning about shoe designer Manolo Blahnik. Discover the world of Arthur Rackham as we make fairies from Model Magic. Designing a folding fan, pop up cards and more make this camp super fun and fancy! Material Fee: \$30

## Do Your Chores!

**June 25-29 Full Day:** 382007-B

**Half Day:** 382008-B

Camp Abrakadoodle wants to help you Do Your Chores! This fun camp is all about creating art with chores in mind. Doing the Dishes becomes a pottery lesson. Making Your Bed is easy when you design the bed you've always wanted out of Model Magic. Cut the Grass becomes a nature art lesson and Take Out the Trash is a lesson on using recycled materials. There are even more chores to do in this fun and silly Camp Abrakadoodle. So don't forget to "Do Your Chores!" Material Fee: \$30

**Hours:** 9am-3pm for ages 6-12; 9am-noon for ages 3-6

**Fees: Full Day:** R: \$250/session / NR: \$260/session

**Half Day:** R: \$125/session / NR: \$135/session

**Location:** Falls Church Community Center

**Extended Care:** 389991-A, B 7-9am \$22

389992-A, B 3-6pm \$33

# Summer Camps

## THEATER ARTS CAMP

The Educational Theatre Company (ETC) offers three weeks of camp for ages 8-16. Instructors invite families to view campers performances. Times will be announced. Registration closes the Friday before the start of each session.

### Radio Drama and Acting Bootcamp

**382101-G Class Dates:** July 30-August 3

In this session the campers will write and produce their own live radio shows using professional PA equipment, common household materials for live sound effects, and their own voices. They will be involved in all aspects from conception to performance. Additionally, campers will learn the techniques behind auditioning, what goes into casting a show, and how to stage a short play in this intensive course of Acting Bootcamp.

### Fundamentals of Improvisation and Slapstick

**382101-H Class Dates:** August 6-10

During this session, campers will learn the basic techniques to perform character sketches and improvisations on their feet, in the moment. Campers will also spend part of the time working on developing basic physical comedy skills. From the madcap to the zany, campers will experience many styles of comedy to help find their individual comedic style.

### Improvisation for Performance and Acting Bootcamp

**382101-I Class Dates:** August 13-17

During this final week, campers will again participate in a week of production-oriented activities (see above Acting Bootcamp description for details) as well as developing their improvisational skills at a "performance-oriented" level. Improvised "sketch comedy" will be more complex, narrative and structurally, and will emphasize confident interaction with the audience. Campers participating in this session must attend the second week of the camp or have prior ETC camp experience. The program director will consider other theatre experience in fulfilling the prerequisite as well. Contact ETC at 703-271-0222 ext 5.

**Hours:** 9am-3pm

**Fees:** R: \$175/session / NR: \$185/session

**Location:** Falls Church Community Center

**Extended Care:** 389991-G, H, I 7-9am \$22

389992-G, H, I 3-6pm \$33

## Angelina Ballerina Camp

Tiny Dancers® the leading Northern Virginia dance program presents this camp. Join your favorite mouse as she dances her way into your heart with a selection of her wonderful stories. Each day brings an exciting new adventure with Angelina and her family and friends as we interpret the story through dance. Ballet instruction, snack and theme-related craft will be included each day, with a recital on the last day of camp. Extended care is not available for this camp.

**380211-1 Ages:** 5-7

**Class Dates:** July 9-13

**Hours:** 12:30-2:30pm

**Fees:** R: \$200 / NR: \$210

**Location:** Falls Church Community Center Dance Studio

**380211-2 Ages:** 3-5

**Class Dates:** July 9-13

**Hours:** 3-5pm

**Fees:** R: \$200 / NR: \$210

**Location:** Falls Church Community Center Dance Studio

## Princess Dreams Camp

Tiny Dancers® created especially for young children, presents this unique camp. All of our beloved princesses will dance the day away with Cinderella, Sleeping Beauty and friends as we learn ballet. Each day a new princess story will be explored through movement and a snack and theme-related craft will be offered. Join us on the last day of camp for a recital with friends and family. Extended care is not available for this camp.

**380212-3 Ages:** 5-7

**Class Dates:** August 6-10

**Hours:** 12:30-2:30pm

**Fees:** R: \$200 / NR: \$210

**Location:** Falls Church Community Center Dance Studio

**380212-4 Ages:** 3-5

**Class Dates:** August 6-10

**Hours:** 3-5pm

**Fees:** R: \$200 / NR: \$210

**Location:** Falls Church Community Center Dance Studio



## Science Adventures: Gizmos, Gadgets and Goop! Invent with Electronics

Calling all ingenious inventors ages 4-12! Join Gizmo as he throws open the doors to his secret lab where science and imagination mix to create amazing contraptions. Explore the secret of batteries, bulbs and buzzers with an electrifying electronics kit. Make ice cream without a freezer and discover how the Wright Brothers conquered the sky. Campers will master simple machines and build a motorized K'Nex invention. Become a certified Gizmo Inventor and design exciting new GIZMOS, GADGETS and GOOP!

**382202-D Class Dates:** July 9-13

**Hours:** 9am-3:30pm

**Fees:** R: \$300 / NR: \$310

**Location:** George Mason High School

**Extended Care:** 389991-D 7-9am \$22

389992-D 3-6pm \$33

**Extended Care Location:** Falls Church Community Center

**382202-1 Class Dates:** July 9-13

**Hours:** 9am-12noon

**Fees:** R: \$190 / NR: \$200

**Location:** George Mason High School

**AM Extended Care ONLY:**

**389991-D 7-9am \$22**

**Extended Care Location:** Falls Church Community Center

## CAMP TECHNO-KIDS

Imagine your child as a Techno-Kid spending the summer testing ideas and putting ideas to use in practical ways. Campers entering first through sixth grades will explore different challenges each week in science, computers, art, and sports activities. They will invent, design, create, and make discoveries every day!

## Private Eye

Campers become detectives when an important mystery needs to be solved. Fingerprinting, secret code making and breaking, handwriting analysis, lip print identification, hair analysis, DNA extraction and candy chromatography are just a few of the methods campers will use to find out who did it! Campers will use computers to keep track of suspects as well as to practice their private eye skills in solving mysteries.

**382201-E Class Dates:** July 16-20

**Hours:** 9am-3pm

**Fees:** R: \$300 / NR: \$310

**Location:** George Mason High School

**Extended Care:** 389991-E 7-9am \$22

389992-E 3-6pm \$33

**Extended Care Location:** Falls Church Community Center

## Science of Magic

Now you see it, now you don't. Why not? Campers will engage in various magic "tricks" and learn the science behind the magic. We will make potions and brews, create lightning, watch beads change color, see wire bend on its own, levitate paper clips, learn the techniques of card tricks and make our hair stand on end. Campers will learn the tricks of the trade using computer programs and then try their hands at some hocus pocus. Who knows, we may find a Harry Potter or Hermione in our midst!

**382201-F Class Dates:** July 23-27

**Hours:** 9am-3pm

**Fees:** R: \$300 / NR: \$310

**Location:** George Mason High School

**Extended Care:** 389991-F 7-9am \$22

389992-F 3-6pm \$33

**Extended Care Location:** Falls Church Community Center

## Inner Quest

Explore the great outdoors in this adventure camp for ages 9-16. Inner Quest Camp is a five day mobile camp. This camp offers introductory experiences in a variety of adventure activities including: rock climbing, ropes, challenge course (high and low elements), orienteering, and canoeing. Waivers are required.

**383102-D Ages:** 9-16

**Class Dates:** July 9-13

**383102-G Ages:** 10-16

**Class Dates:** July 30-Aug. 3

**Hours:** 9am-5pm

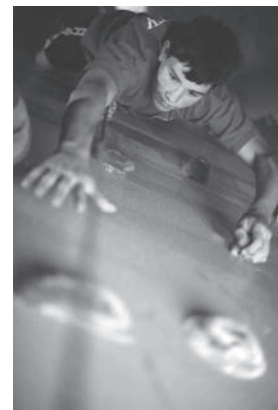
**Fees:** R: \$375/session / NR: \$385/session

**Location:** Van will depart from and return to the Falls Church Community Center.

**Extended Care:** 389991-D, G 7-9am \$22

389992-D, G 5-6pm \$33

**Extended Care Location:** Falls Church Community Center





# Summer Camps

## Teen Excursion Camp

Rising 6th-9th graders will travel to different exciting destinations each day of the week! Destinations include theme parks, sailing, rock climbing, tubing, and kayaking. An information packet is available at the time of registration. All trips are subject to change. Alternate trips will take place in the event of inclement weather.

**Class Dates:** 383201-A June 18-22  
383201-E July 16-20  
383201-F July 23-27  
383201-J August 20-24

**Hours:** Varies- please refer to the info packet.

**Fees:** R: \$370/session / NR: \$380/session

**Location:** Van will depart and return to the Falls Church Community Center.

**Extended Care:** 389991-A, E, F, J 7-9am \$22  
389992-A, E, F, J 3-6pm \$33

**Extended Care Location:** Falls Church Community Center

## Adventure Links

The Ultimate Adventure Camp is designed for campers ages 8-10. Kids will experience a new adventure each day including Primitive Living Skills, Tubing/Canoeing, Rock Climbing, Ropes/Challenge Course and Caving. Activities are non-competitive and are designed to spark new perspectives, and foster personal challenge. No experience is necessary. No refunds will be issued after May 1, 2007. No exceptions. Waivers must be completed online at [www.adventurelinks.net](http://www.adventurelinks.net)

**Class Dates:** 383301-B June 25-29  
383301-G July 30-Aug. 3

**Hours:** 8am-5pm

**Fees:** R: \$395 / NR: \$405

**Location:** Van will depart and return to the Falls Church Community Center.

**Extended Care:** 389991-B, G 7-8am \$22  
389992-B, G 5-6pm \$33

**Extended Care Location:** Falls Church Community Center



## FIRST SERVE TENNIS ACADEMY

Falls Church Recreation and Parks has teamed up again with FirstServe Tennis Academy to provide first-rate instructional tennis programs for all ages! Certified instructors teach tennis techniques in a supportive, friendly, and fun environment that fosters student improvement and achievement. The student to instructor ratio for camps is 6:1, except the Player Development and tot camps which is 4:1. Students should bring water and tennis rackets to every session! Fridays are rain date/ optional play days. Visit FirstServe Tennis Academy online at [www.tenniseveryone.net](http://www.tenniseveryone.net) or email at [info@tenniseveryone.net](mailto:info@tenniseveryone.net). AM and PM Extended Care is not available for Tennis Camps.

**Location:** George Mason High School Tennis Courts

### Tots Bouncin' & Swingin' Camp Ages 4-6

This camp introduces tots to tennis through fun games and activities designed to build eye and hand coordination and familiarity with the tennis ball and racket.

**Class Dates:** 381901-B June 25-29 381901-D July 9-13  
381901-F July 23-27 381901-H August 6-10

**Hours:** 8:30-9:15am; Mon.-Thurs.

**Fees:** R: \$72 / NR: \$82

### Tennis I Fundamentals Camp Ages 6-10

Through skill-building games, beginners learn fundamental strokes.

**Class Dates:** 381902-B June 25-29  
381902-F July 23-27  
381902-H August 6-10

**Hours:** 9:30am-12noon; Mon.-Thurs.

**Fees:** R: \$160 / NR: \$170

### Tennis II Intro to Competitive Tennis Camp Ages 7-10

Intermediate players apply their tennis fundamentals to match play with emphasis on the serve, return of serve, and tennis rules.

**Class Dates:** 381905-B June 25-29 381905-D July 9-13  
381905-F July 23-27 381905-H August 6-10

**Hours:** 9:30am-12noon; Mon.-Thurs.

**Fees:** R: \$160 / NR: \$170

### Tennis I Fundamentals Camp Ages 10-13

Through fun skill-building games beginners and intermediates learn the fundamental strokes with emphasis on the serve, return of serve, score keeping, and tennis rules.

**Class Dates:** 381906-A June 18-22  
381906-E July 16-20  
381906-G July 30-Aug 3  
381906-I August 13-17

**Hours:** 9:30am-12noon; Mon.-Thurs.

**Fees:** R: \$160 / NR: \$170

## Tennis II Intro to High School Tennis Camp Ages 10-13

Stroke production drills combine with match play tactics and strategies to prepare players for high school competition.

**Class Dates:** 381908-A June 18-22  
381908-E July 16-20  
381908-G July 30-Aug 3  
381908-I August 13-17

**Hours:** 9:30am-noon; Mon.-Thurs.

**Fees:** R: \$160 / NR: \$170

## Tennis III Competitive Player Development Camp Ages 13-18

Players apply strategic decision-making and tactical drilling concepts to singles and doubles match play. Ideal for players looking to make the high school team and high school team players looking to reach the next level. Player: coach ratio is 4:1.

**Class Dates:** 381907-B June 25-29  
381907-D July 9-13  
381907-F July 23-27  
381907-H August 6-10  
381907-I August 13-17

**Hours:** 4-5:30pm; Mon.-Thurs.

**Fees:** R: \$120 / NR: \$130

## BASKETBALL CAMPS

### Mustang High School Basketball Skills Camp

High level skills camps run under the direction of the boys and girls GMHS basketball coaches. These camps are designed for rising 8-12th grade students that have High School level basketball aspirations. Camps will cover both offensive and defensive skill sets and will help prepare all participants for a higher level of basketball. Camps will cover position breakdown, drill work and game situations.

AM extended care is not available for this camp.

**Class Dates:** 381203-A Boys Only June 18-22  
381208-A Girls Only June 18-22

**Hours:** 10am-3pm

**Fees:** R: \$150 / NR: \$160

**Location:** George Mason High School Gym

**PM Extended Care Only:** 389992-A 3-6pm \$33

**Extended Care Location:** Falls Church Community Center

## Giant Basketball Academy

Former Washington Wizards and New Jersey Nets player Gheorghe Muresan and his coaches will teach the fundamentals of basketball for boys and girls ages 6-14. This camp will feature 1-on-1 skills, shooting, team play, defensive positioning, speed drills and competitions to further develop all-around players. Campers will receive a free Wizards ticket.

**381204-D Boys Only Class Dates:** July 9-13

**Location:** George Mason High School Gym

**381207-G Co-Ed Class Dates:** July 30-Aug. 3

**Location:** Mary Ellen Henderson Middle School Gym

**Hours:** 9am-3pm

**Fees:** R: \$190 / NR: \$200

**Extended Care:** 389991-D, G 7-9am \$22

389992-D, G 3-6pm \$33

**Extended Care Location:** Falls Church Community Center

## Falls Church Basketball Camp

Campers ages 7-15 will learn the fundamentals of all phases of basketball, including teamwork, offensive moves, defensive strategies, and mental toughness to become a well-rounded, complete basketball player. Directed by the Marshall High School Boys Basketball Staff, campers will play daily games and practice skills in a competitive and exciting environment. Each camper will receive a t-shirt and skill evaluation.

**381206-F Boys Only Class Dates:** July 23-27

**Hours:** 9am-3pm

**Fees:** R: \$200 / NR: \$210

**Location:** Falls Church Community Center Gym

**Extended Care:** 389991-F 7-9am \$22

389992-F 3-6pm \$33

**Extended Care Location:** Falls Church Community Center

## Mustang Basketball Camps

This camp is presented by the George Mason High School Varsity Basketball Coaches and is designed for campers ages 8-13 who want to improve their basketball skills. Campers receive a t-shirt and a basketball.

**Class Dates:** 381203-B Girls Only June 25-29

381203-C Boys Only July 2-6

(No camp July 4)

381203-E Boys Only July 16-20

381203-F Girls Only July 23-27

**Hours:** 9am-3pm

**Fees for sessions B, E, F:** R: \$150 / NR: \$160

**Fees for session C:** R: \$125 / NR: \$135

**Location:** George Mason High School Gym

**Extended Care:** 389991-B, C, E, F 7-9am \$22

389992-B, C, E, F 3-6pm \$33

**Extended Care Location:** Falls Church Community Center

# Summer Camps

## MORE SPORTS CAMPS

### Football Camp

Former Washington Redskins and Atlanta Falcon wide receiver Virgil Seay will host a Football camp for ages 12-17. Campers will be taught the fundamental skills for wide receivers, running backs, and defensive backs. Campers will practice receiving skills and learn how to run pass patterns. Through drills, film sessions and competitions (One on One Scrimmages), campers can improve their individual skill level.

**381005-C Class Dates:** July 2-6 (No camp July 4)

**Hours:** 9am-3pm

**Fees:** R: \$150 / NR: \$160

**Location:** George Mason High School

**Extended Care:** 389991-C 7-9am \$22

389992-C 3-6pm \$33

**Extended Care Location:** Falls Church Community Center

### Mustang Baseball Camp

Are you a baseball player looking to work on your skills? Directed by the George Mason High School Varsity Coach, campers will learn skills in fielding (infield and outfield), hitting, base running, and game situations. This camp is designed for boys and girls ages 8-13. Each participant receives a t-shirt.

**381001-B Class Dates:** June 25-29

**Hours:** 9am-2:30pm

**Fees:** R: \$150 / NR: \$160

**Location:** George Mason High School Fields

**Extended Care:** 389991-B 7-9am \$22

389992-B 2:30-6pm \$33

**Extended Care Location:** Falls Church Community Center

### Camp Olympia Sports Camp

This sports camp for ages 8-14 consists of twice daily swimming (one instructional swim and one free swim), horseback riding four times per week, soccer, basketball, tennis, gymnastics, track and field, and much more. The schedule changes daily and depends on the weather. On Thursdays, a sophisticated and highly supervised "hide and seek" game called "Camp Game" is played!

**383004-C Class Dates:** July 2-6 (No camp July 4)

**Fees:** R: \$320 / NR: \$330

**383004-F Class Dates:** July 23-27

**Fees:** R: \$400 / NR: \$410

**Hours:** 8am-5pm

**Extended Care:** 389991-C, F 7-8am \$22

389992-C, F 5-6pm \$33

**Extended Care Location:** Falls Church Community Center

## All American Sports Camp

Get active and have fun this summer at the ultimate sports camp. The camp is set up to appeal to campers ages 6-11 who want to experience a variety of sports such as soccer, basketball, flag football, volleyball, whiffleball, and floor hockey, in addition to other sports and physical education activities. We want campers to have fun and develop self esteem, confidence, and a positive attitude while being active.

**Class Dates:** 381401-G July 30-Aug. 3

381401-H August 6-10

381401-I August 13-17

381401-J August 20-24

**Hours:** 9am-3pm

**Fees:** R: \$145 / NR: \$155

**Location:** George Mason High School Gym

**Extended Care:** 389991-G, H, I, J 7-9am \$22

389992-G, H, I, J 3-6pm \$33

**Extended Care Location:** Falls Church Community Center Gym



## Virgil Seay Sports and Activities Camp

Former Washington Redskins wide receiver Virgil Seay hosts this sports and activities camp. The camp will offer boys and girls ages 8-14 the opportunity to improve skills and foster good sportsmanship.

**Basketball, Volleyball and Soccer**

**381404-A** June 18-22

**Flag Football, Basketball and Soccer**

**381404-B** June 25-29

**Flag Football and Soccer**

**381404-C** July 2-6 (No camp July 4)

**Basketball, Lacrosse, Flag Football, and Soccer**

**381404-D** July 9-13

**Hours:** 9am-3pm

**Fees:** R: \$130 / NR: \$140

**Fee for session C:** R: \$115 NR: \$125

**Location:** Mary Ellen Henderson Middle School gym

**Extended Care:** 389991-A, B, C, D 7-9am \$22

389992-A, B, C, D 3-6pm \$33

**Extended Care Location:** Falls Church Community Center



## Shooting Stars Tot Sports Camp

Children ages 5-8 will get a "kick" out of this fun packed camp designed to "ignite a passion for sports." Creative games, competitions and challenging skill building activities will captivate and enlighten your children as they work on improving their kicking, running, jumping and throwing skills. All campers will participate in a variety of sports such as soccer, basketball, whiffleball, and floor hockey. PM extended care is not available for this half day camp.

**Class Dates:** **381402-B** June 25-29  
**381402-D** July 9-13

**Location:** Falls Church Community Center gym

**Class Dates:** **381402-E** July 16-20

**Location:** Mary Ellen Henderson Middle School gym

**Hours:** 9am-1pm

**Fees:** R: \$100 / NR: \$110

**AM Extended Care Only:** **389991-B, D, E** 7-9am \$22

**Extended Care Location:** Falls Church Community Center

## Mustang Lacrosse Camp

Directed by the George Mason High School's lacrosse coaching staff, players ages 8-13 will work on skills such as shooting, checking, scooping and passing as well as developing offensive and defensive game strategies. All players will be assigned to teams and will compete daily. Individual awards are presented at the end of the camp. Campers will need mouth guards, cleats, and sticks. Extended care is not available for this camp.

**Class Dates:** **381002-E** Girls Only July 16-20  
**381002-F** Boys Only July 23-27

**Hours:** 5-8pm

**Fees:** R: \$100 / NR: \$110

**Location:** George Mason High School Fields

## Golf Camp

Every Body Golf School offers our popular Junior Camps. Junior Camps feature five half-days of certified instruction for boys and girls, ages 8-17. Campers learn putting, chipping, irons, woods, sand play, rules, etiquette, and course management. All campers receive a diploma, water bottle, T-shirt, hat, logo ball, tees, green repair tool, ball marker, and snacks. Loaner clubs provided. You will travel by van to the Golf School. The van will depart from and return to the Falls Church Community Center.

**Class Dates:** **381601-H** August 6-10

**Hours:** 9am-3pm Monday-Friday

**Fees:** R: \$325 / NR: \$335

**Extended Care:** **389991-H** 7-8am \$22

**389992-H** 3-6pm \$33

**Extended Care Location:** Falls Church Community Center

## SOCCER CAMPS



### First Kicks British Soccer Camp

A friendly, low-key introduction to the basics of soccer through ball familiarization, games and FUN! British Soccer professionals patiently encourage players to take their first steps in soccer in a way your child will love! Camp is for children ages 3-4. Camp includes a soccer ball, t-shirt, player evaluation and gift. Extended Care is NOT available.

**Class Dates:** **381303-F** July 23-27

**381303-G** July 30-August 3

**381303-H** August 6-10

**Hours:** 10:45-11:45am

**Fees:** R: \$65 / NR: \$75

**Location:** George Mason High School Fields

### Minisoccer British Soccer Camp

A unique way for 4-6 year olds to learn the fundamentals of the game. Fun games, competitions and challenging skill building activities taught in small groups by British Soccer professionals will captivate and enlighten your child. Camp includes a soccer ball, t-shirt, player evaluation and free gift. Extended Care is NOT available.

**Class Dates:** **381304-F** July 23-27

**381304-G** July 30-August 3

**381304-H** August 6-10

**Hours:** 9-10:30am

**Fees:** R: \$90 / NR: \$100

**Location:** George Mason High School Fields

### Advanced British Soccer Camp

Designed for players ages 8-16 who are serious about the game. This professional instructional program focuses on individual skill development, game-related techniques, tactical development, and coached match play. All programs are conducted by qualified British Soccer coaches. Bring cleats, lunch and water bottle daily. Camp includes a soccer ball, t-shirt, player evaluation and gift.

**Class Dates:** **381406-F** July 23-27

**381406-G** July 30-Aug. 3

**381406-H** August 6-10

**Hours:** 9am-3pm

**Fees:** R: \$180 / NR: \$190

**Location:** George Mason High School Fields

**Extended Care:** **389991-F, G, H** 7-9am \$22

**389992-F, G, H** 3-6pm \$33

**Extended Care Location:** Falls Church Community Center

# Summer Camps

## Soccer Academy Camp

Improve your soccer skills! This camp is directed by the Soccer Academy. They provide the highest quality and a world of experience under the direction of John Ellis for players of all levels. All players will receive a t-shirt at the end of camp. Each week a half day camp is offered for ages 5-7. A full day is offered for ages 7-13. PM extended care is NOT available for the 1/2 day camp.

**Class Dates:** 381301-B Full Day June 25-29

381302-B Half Day June 25-29

381301-E Full Day July 16-20

381302-E Half Day July 16-20

**Hours:** 9am-3:30pm for ages 7-13

9am-12 noon for ages 5-7

**Fees:** R: \$215/Full Day / NR: \$225/Full Day

R: \$185/Half Day / NR: \$195/Half Day

**Location:** George Mason High School Fields

**Extended Care:** 389991-B, E 7-9am \$22

389992-B, E 3:30-6pm \$33

**Extended Care Location:** Falls Church Community Center

## British Soccer Player Development Program

This program, coached by a specialized British Soccer instructor, provides technical and tactical instruction, placing emphasis on skill development, fundamental tactical awareness, and FUN for campers ages 6-16. Bring cleats and water bottle daily. Camp includes a soccer ball, t-shirt, player evaluation, and gift.

**Class Dates:** 381305-F July 23-27

381305-G July 30-August 3

381305-H August 6-10

**Hours:** 9am-12 noon

**Fees:** R: \$125 / NR: \$135

**Location:** George Mason High School Fields

**AM Extended Care only:** 389991-F, G, H 7-9am \$22

PM care is not available for this half day camp.

**Extended Care Location:** Falls Church Community Center

**Class Dates:** 381306-F July 23-27

381306-G July 30-August 3

381306-H August 6-10

**Hours:** 12:30-3:30pm

**Fees:** R: \$125 / NR: \$135

**Location:** George Mason High School Fields

AM care is not available for this half day camp.

**PM Extended Care only:** 389992-F, G, H 7-9am \$33

**Extended Care Location:** Falls Church Community Center

## HORSEBACK RIDING

### Camp Olympia Horseback Riding

This horseback riding camp for children ages 8-14 provides eight rides per week, swimming twice a day, plus other camp activities including gymnastics, soccer, basketball, track and field, just to name a few. There is no riding on Thursdays but campers will have various unmounted horse activities such as grooming, cleaning tack, leading, bathing, etc. and play the ever popular "Camp Game" a sophisticated, highly supervised hide and seek game.

**Class Dates:** 383003-C July 2-6 (No camp July 4)

**Fees:** R: \$415 / NR: \$425

**Class Dates:** 383003-F July 23-27

**Fees:** R: \$515 / NR: \$525

**Hours:** 8am-5pm

**Extended Care:** 389991-C, F 7-8am \$22

389992-C, F 5-6pm \$33

**Extended Care Location:** Falls Church Community Center

### Clay Hill Horseback Riding Camp

Campers ages 9-14 are assigned a horse to take care of and learn to ride. Children will have lessons in safety and horse grooming and management, i.e. general care, grooming, leading, saddling, bridling, washing, clipping, mucking, tack care, mounting, and dismounting, correct position at the walk and trot for beginner riders. Advanced riders will practice cantering and jumping. Campers will need long pants and hard-soled shoes with \_ to 1 inch heels. Release forms are required.

**Class Dates:** 383002-D July 9-13

383002-I August 13-17

**Hours:** 8am-5pm

**Fees:** R: \$405 / NR: \$415

**Extended Care:** 389991-D, I 7-8am \$22

389992-D, I 5-6pm \$33

**Extended Care Location:** Falls Church Community Center



## "The World Around Me" Workshop

This fun, fast paced camp is designed for ages 6-12 to reinforce positive social skills necessary for school and home. Through positive reinforcement and role-play, kids learn the benefits of education, teamwork, articulation of ideas, and a sound value system. Campers will learn that life can be both demanding and fun! We specialize in kids that have been diagnosed with ADHD, ADD, and other learning disabilities. Total transformation home study course available. For info call 703-241-9272. This summer only- 50% off!!!!

**Class Dates:** 381408-C July 2-6 (No camp July 4)

**Fees:** R: \$100 / NR: \$110

**Class Dates:** 381408-E July 16-20

**Fees:** R: \$125 / NR: \$135

**Hours:** 9am-3pm

**Location:** Falls Church Community Center Dance Studio

**Extended Care:** 389991-C, E 7-9am \$22

389992-C, E 3-6pm \$33



## Karate

The "Ninja Rangers- A Warrior's Call" camp is designed to help boys and girls ages 6-12 utilize their full range of imagination and problem solving skills. Campers are thrust back to ancient Japan. They are among the nation's top elite soldiers who are summoned by the king to fight off attempts of a hostile take over by the king's enemies. The soldiers have five days to train for the skirmish, including creating and building their own (child-proof) ninja weapons and camouflage gear to use against enemy forces. The fate of the ancient ninja nation depends on your child/children.

**Class Dates:** 381407-J August 20-24

**Hours:** 9am-3pm

**Fees:** R: \$200 / NR: \$210

**Location:** Falls Church Community Center Dance Studio

**Extended Care:** 389991-J 7-9am \$22

389992-J 4-6pm \$33

## FENCING



This camp is located off-site. Campers must be 9 years and older. Parents must take their children to the Virginia Academy of Fencing for the camp. There is no extended care available for this camp.

Equipment fee of \$29 is payable to VAF on the first day of camp. Register for both sessions in one day and the equipment fee will be waived for the second camp. Virginia Academy of Fencing, 5401-B Port Royal Rd. #3, Springfield, VA Phone: 703-321-4922

## Olympic Sport Fencing: Foil, Sabre, Epee

Fencing is an Olympic sport for students 9-years-and-older of all athletic abilities. Often called the physical game of chess, it improves coordination, balance, grace, and quick reflexes.

**Fees:** R: \$170 / NR: \$180

**381701-B** June 25-29 9-12 noon

**381701-E** July 16-20 9-12 noon

**381701-G** July 30- August 3 9-12 noon

**381701-I** August 13-17 9-12 noon

**381701-K** August 27-31 9-12 noon

**381702-A** June 18-22 12:30-3:30pm

**381702-D** July 9-13 12:30-3:30pm

**381702-F** July 23-27 12:30-3:30pm

**381702-H** August 6-10 12:30-3:30pm

**381702-J** August 20-24 12:30-3:30pm

## Historical Swordsmanship: Rapier, Two-Handed Sword, Katana

Students will explore the Rapier, the Two-handed sword and the Katana. Practice swords used in class are the shinai and the foil.

**Fees:** R: \$170 / NR: \$180

**381704-A** June 18-22 9-12 noon

**381704-D** July 9-13 9-12 noon

**381704-F** July 23-27 9-12 noon

**381704-H** August 6-10 9-12 noon

**381704-J** August 20-24 9-12 noon

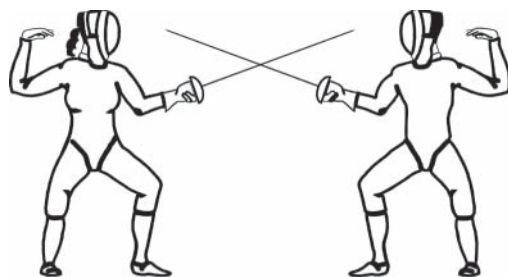
**381703-B** June 25-29 12:30-3:30pm

**381703-E** July 16-20 12:30-3:30pm

**381703-G** July 30-August 3 12:30-3:30pm

**381703-I** August 13-17 12:30-3:30pm

**381703-K** August 27-31 12:30-3:30pm





# Preschool Classes



## Preschool Dance Ages 3-4

Introduce your child to dance, movement and expression. Emphasis will be placed on ballet basics. Parents are asked to stay on premises, but not in classroom. Ballet shoes recommended, tap shoes or "noisy" shoes recommended.

**Instructor:** Ann Ohr

**Location:** Dance Studio

**310203-A Class Dates:** Tuesdays and Thursdays, July 23-Aug 3

**Time:** 4:15-5pm

**Fees:** R: \$21 / NR: \$31

## Classic Tales 'n' Tunes®

### Ages 18 months-4 years

Classic Tales 'n' Tunes® invites young children and their caregivers to share a



joyful adventure in learning through the expressive arts: reading stories, making music, enjoying puppetry, exploring gross motor equipment, and playing interactive games. Each lesson explores a theme and features a rich diversity of music and literature from different genres and cultures. Spanish and American Sign Language, our country's 2nd and 3rd most common languages, are blended into the curriculum, promoting a friendly and inclusive environment. This celebrated multi-sensory program nurtures cognitive, language, motor, social and emotional skills as well as musicality and creativity. FREE monthly newsletters keep families updated! Siblings 11 months or younger attend FREE with registered student. Please visit [www.classictnt.com](http://www.classictnt.com) to learn more!

**Instructors:** Danielle Eva, Jody Katz, Susan Hayes

**Location:** Community Room

**Class Dates:** Saturdays, June 23 - July 28 (6 weeks)

**310211-A** 9:30-10:15am

**310211-B** 10:30-11:15am

**310211-C** 11:30-12:15am

**Fees:** R: \$90 / NR: \$100

## ABRAKADOODLE ART CLASSES

### Twoosy Doodlers Ages 20-36 months

Our Twoosy Doodlers use creative materials, including paints, textures, papers, glues and modeling compounds, that produce giggles along with unique squiggles. Developmentally appropriate lessons help the children acquire new skills while exploring through play.

(A \$16 materials fee will be due the first day of class, paid to Abakadoodle and given to the instructor.)

**Instructor:** Abakadoodle Staff **Location:** Art Room

**310101-A Class Dates:** Mondays, June 4-25

**310101-C Class Dates:** Mondays, July 9-30

**Time:** 3:00-3:40pm **Fees:** R: \$50 / NR: \$60

**310101-B Class Dates:** Saturdays, June 9-30

**310101-D Class Dates:** Saturdays, July 14-August 4

**Time:** 10:15-10:55am **Fees:** R: \$50 / NR: \$60

### Mini Doodlers Ages 3-6 years

Children develop their creativity through carefully designed lessons that ignite the imagination and develop skills. Using real artists' materials including watercolors, tempera paints, oil pastels, creative tools and more, the children create masterpieces that are truly unique.

(A \$16 materials fee will be due the first day of class, paid to Abakadoodle and given to the instructor.)

**Instructor:** Abakadoodle Staff **Location:** Art Room

**310102-A Class Dates:** Mondays, June 4-18

**Time:** 2-2:45pm **Fees:** R: \$38 / NR: \$48

**310102-C Class Dates:** Mondays, July 9-30

**Time:** 2-2:45pm **Fees:** R: \$50 / NR: \$60

**310102-B Class Dates:** Saturdays, June 9-30

**310102-D Class Dates:** Saturdays, July 14-Aug 4

**Time:** 11:15am-12pm **Fees:** R: \$50 / NR: \$60

### Doodlers 1st-6th graders

Children create their own unique masterpieces through painting, drawing and exploring creative materials. Each lesson introduces children to new techniques and artists' styles. The teacher provides guidance and inspiration. Classes help children develop both skills and confidence!

(A \$16 materials fee will be due the first day of class, paid to Abakadoodle and given to the instructor.)

**Instructor:** Abakadoodle Staff **Location:** Art Room

**310103-A Class Dates:** Mondays, June 4-25

**310103-C Class Dates:** Mondays, July 9-30

**Time:** 4:00-5:00pm **Fees:** R: \$65 / NR: \$75

**310103-B Class Dates:** Saturdays, June 9-30

**310103-D Class Dates:** Saturdays, July 14-Aug 4

**Time:** Sat 1-2pm **Fees:** R: \$65 / NR: \$75

## YOUTH SPORTS

### Fall Soccer

**Registration:** July 23-August 19

Teams will be formed by age groups and will participate in the Arlington Soccer Association. Practices and games will be held at nearby fields; vary by team. Volunteer coaches are needed. Call **703-248-5077** for registration form, fees and league rule information.

### Start-Smart Soccer Clinic

**Registration:** July 23 until clinic is filled.

Start Smart Soccer is a developmentally appropriate introductory soccer program for children 3-4 years old. The program prepares children for organized soccer in a fun, non-threatening environment. Start Smart Soccer prepares children and their parents for organized soccer without the threat of competition or the fear of getting hurt. A parent or guardian is asked to participate with their child.

### Hershey Track

The local qualifying meet for the Hershey Track and Field Meet will be held on **Sunday, May 20th at 2pm**. For more details, go online: [hersheytrackandfield.com](http://hersheytrackandfield.com), or call **703-248-5150**.

### Youth Flag Football

Falls Church Rec & Parks will be hosting an NFL Youth Flag Football League in the Fall. This program will be a non-contact 5-on-5 league that focuses on teaching the fundamentals of football in a fun, competitive, and safe environment. Please contact Chris Madison for more details, **(703)248-5077**.

### Fall Baseball

Falls Church Kiwanis Little League (FCKLL) offers boys and girls ages 5-12 an opportunity to learn the game of baseball, understand the value of teamwork and experience what good sportsmanship is all about. Registration for the 2007 Fall season begins in June. Teams are formed in mid-August. Register online at [www.FCKLL.org](http://www.FCKLL.org), or by mail to FCKLL at P.O. Box 6612, Falls Church, VA 22040.

For more information:

Falls Church Kiwanis Little League

**703-893-4619**

[www.FCKLL.org](http://www.FCKLL.org)



### Beginning Karate

Beginning Karate is an introductory class for those of all ages interested in trying karate and possibly starting a life-time activity. We are not training future assassins but persons interested in learning something about martial arts. Children and adults are welcome and are taught together. We have several parent and children students in our classes. The class instruction is based on traditional Korean martial arts and covers basic blocks, kicks, punches, self-defense techniques, and forms (katas) that are common to many martial arts. The physical requirements are tailored to the students' capabilities. We do not have beginning students do any sparring (fighting). Beginning students are not required or expected to have uniforms. Additional information is available on the Internet at **[www.StratfordKarate.org](http://www.StratfordKarate.org)**

**Instructor:** Bill Kennedy and Rick Hathaway

**Location:** Dance Studio

**320502-A Class Dates:** Mondays, June 4-August 20

**Time:** 7-8pm

**Fees:** R: \$84 / NR: \$94

### Intermediate/Advanced Karate

This class is for students with experience in martial arts. The class is based on traditional Korean martial arts known as Tang Soo Do, which is very similar to Tae Kwon Do. We practice blocks, kicks, punches, self-defense techniques, and forms (katas) for advancement to senior belt levels. Continuing students are expected to have uniforms. Classes include sparring as part of the training but before participating in sparring as part of the training, students are required to be experienced enough to ensure everyone's safety. Additional information is available on the Internet at

**[www.StratfordKarate.org](http://www.StratfordKarate.org)**

**Instructor:** Rick Hathaway and Bill Kennedy

**Location:** Dance Studio

**320502-B Class Dates:** Mondays from June 4-August 20

**Time:** 8:15-9:15pm

**Fees:** R: \$84 / NR: \$94

## Youth and Teen Classes

### Teen & Adult Jazz Dance Class

Spend the summer learning the basics of jazz or improving your existing skills with this popular summer dance class. All levels are welcome!

**Instructor:** Shelia Stone

**Location:** Dance Studio

**350202-A Class Dates:** Tuesdays, June 5-August 7

**Time:** 6:30-8pm

**Fees:** R: \$105 / NR: \$115

### Baton Twirling Ages 6-13

Learn the basics of an awesome and amazing skill! Students will be taught fundamentals of baton twirling as well as bodywork and marching. Baton twirling improves flexibility, coordination and confidence levels

**Instructor:** Jessica Kubik

**Location:** Art Room

**320701-A Class Dates:** Mondays, June 11-August 13

**Time:** 6:30-7:30pm

**Fees:** R: \$70 / NR: \$80

**Baton fee of \$15 due to the instructor at first class.**

### Dance for Musical Theatre I

#### Rising Kindergarten-2nd grade

This class is for the student who loves to perform both in the area of dance and acting. Students will be encouraged to express themselves creatively through drama and movement.

**Instructor:** Ann Ohr

**Location:** Dance Studio

**320204-A Class Dates:** Tuesdays and Thursdays, July 23-August 3

**Time:** 5-5:45pm

**Fees:** R: \$21 / NR: \$31



### Beginning Knitting

This class is designed for first-time knitters. Students will be taught the basics of knitting. This class is appropriate for ages 10 to adult. Participants will knit a scarf and hat! Join the fun!

**Instructor:** Lynne Hoffman

**Location:** Teen Center

**320610-A Class Dates:** Saturdays, July 14-August 4

**Time:** 9:00-11am

**Fees:** R: \$56 / NR: \$66

**A \$30 material fee is due to the instructor on the first class.**

### Knitting Workshop

This series of workshops are designed to offer help or to get advice on your current projects. Sign up for one, two, three or all four Saturdays!

**Instructor:** Lynne Hoffman

**Location:** Teen Center

**320610-B Sat, July 14 12-2pm**

**320610-C Sat, July 21 12-2pm**

**320610-D Sat, July 28 12-2pm**

**320610-E Sat, Aug 4 12-2pm**

**Fees:** R: \$14 / NR: \$24



### Beginning Karate Ages 9 and older

Beginning Karate is an introductory class for those of all ages interested in trying karate and possibly starting a life-time activity. We are not training future assassins but persons interested in learning something about martial arts. Children and adults are welcome and are taught together. We have several parent and children students in our classes. The class instruction is based on traditional Korean martial arts and covers basic blocks, kicks, punches, self-defense techniques, and forms (katas) that are common to many martial arts. The physical requirements are tailored to the students' capabilities. We do not have beginning students do any sparring (fighting). Beginning students are not required or expected to have uniforms. Additional information is available on the Internet at [www.StratfordKarate.org](http://www.StratfordKarate.org)

**Instructor:** Bill Kennedy and Rick Hathaway

**Location:** Dance Studio

**320502-A Class Dates:** Mondays, June 4-August 20

**Time:** 7-8pm

**Fees:** R: \$84 / NR: \$94



# Teen Classes and Activities

## Intermediate/Advanced Karate

This class is for students with experience in martial arts. The class is based on traditional Korean martial arts known as Tang Soo Do, which is very similar to Tae Kwon Do. We practice blocks, kicks, punches, self-defense techniques, and forms (katas) for advancement to senior belt levels. Continuing students are expected to have uniforms. Classes include sparring as part of the training but before participating in sparring as part of the training, students are required to be experienced enough to ensure everyone's safety. Additional information is available on the Internet at [www.StratfordKarate.org](http://www.StratfordKarate.org)

**StratfordKarate.org**

**Instructor:** Rick Hathaway and Bill Kennedy

**Location:** Dance Studio

**320502-B Class Dates:** Mondays, June 4-August 20

**Time:** 8:15-9:15pm

**Fees:** R: \$ 84 / NR: \$94

## Know CPR: CPR & First Aid Information

This class could save a life! A great program for anyone who works with the public, baby-sits, has children or is just interested in knowing basic CPR and First Aid skills. Students will gain the knowledge and skills necessary to recognize and provide basic care for injuries and sudden illnesses until advanced medical personnel arrive and take over. Learn infant, child and adult CPR.

**Instructor:** KNOW CPR

**Location:** Teen Center

**250718-A Class Dates:** Tuesday and Wednesday, June 5 & 6

**Time:** 6-9pm

**Fees:** R: \$55 / NR: \$65

## TEEN ACTIVITIES

### Go-Karts

**341420-A** May 23, 2pm-7:30pm **Fee:** \$14

So you're eager to get your license? Well here's your chance to legally drive without a license. Get on the race track, in your go-kart and drive as much as you'd like. Please bring spending money. The cost of six laps is \$5. High School Students only.

### Central Park Funland

**341454-A** May 26, 9am-8pm **Fee:** \$18

Come join us for some fun at Virginia's Largest indoor/outdoor Family Entertainment Center! Rides, games, food and fun for people of all ages. Over 40,000 square feet of indoor fun! Please bring spending money.

### Ice Skating

**341421-A** May 30, 3-7:30pm **Fee:** \$10

Come out and play just like the pros. Whether you are a beginner or a seasoned skater, you will enjoy taking to the ice at this neighborhood facility. Please bring \$10 for skate rental and admission.

Falls Church Recreation and Parks



## Water Mine Family Swimmin' Hole

**341462-A** June 1, 3-9pm **Fee:** \$30

The Water Mine Family Swimmin' Hole offers more than an acre of slides, flumes, sprays, showers, floatables and interactive play features, circled by Rattlesnake River with a 2.5 mile per hour current that gently nudges tubes along. Bring your friends for an evening of fun. Please bring money for food.

## Hershey Park

**341434-A** June 2, 9am-11pm **Fee:** \$52

Hershey Park is easily the sweetest theme park on Earth! Here, you will find a great mixture of both massive coasters and great rides for everyone. Fee includes admission and transportation. Please bring money for food.

## Wakefield Skate Park

**341401-A** June 6, 3pm-8pm **Fee:** \$10

Skateboarders and rollerblades join us for an evening of fun. We will go to Wakefield Skate Park where you can show off all of your stunts. All participants are required to wear helmets, elbow and kneepads. Items are available for rents for an additional fee of \$2 per item. Please bring \$5 for admission and additional money for rentals.

## Kings Dominion

**341402-A** June 9, 9am-10pm **Fee:** \$54

**Meal Voucher:** \$10

There's something for everyone! A dozen world-class coasters, Hollywood-style entertainment, 19-acres of slides a huge wave pool, fun & games and more! New Water Park Thrills! WaterWorks features awesome slides and rides, two huge wave pools and incredible kid-fun at Surf City Splash House! Fee includes lunch, admission, and transportation.

## Six Flags

**341408-A** June 16, 10am-10pm **Fee:** \$44

**Meal Voucher:** \$10

From characters to coasters, Six Flags America is fun for everyone! Catch the park's new parade or some rays at Hurricane Harbor Water Park. With eight coasters, five new live shows. Over 30 games, cool shops, interactive attractions and delicious treats...miles of smiles await at Six Flags America!

# Adult Sports and Fitness

## ADULT SPORTS

### Fall Volleyball

Registration: July 17-Aug 12 – Various levels of competition are offered. Call 703-248-5077 for registration form, fees and league rule information.



### Fall Adult Basketball

Registration: July 17-Aug 12 – Various levels of competition are offered. Call 703-248-5077 for registration form, fees and league rule information.

### Fall Adult Soccer

Registration: Fall Adult Soccer July 17-August 12th  
League will play on Sunday evenings starting in September.  
Contact Chris Madison at 703-248-5077 for further details.

## ADULT TENNIS

City of Falls Church / FirstServe Tennis Academy  
Summer 2007 Tennis Program

### ADULT TENNIS CLASSES

#### Tennis Everyone!

FirstServe Tennis Academy is back for another exciting year of first-rate instructional tennis programs for players of all abilities ages 4-adult! Gregg Deinhardt and Stephan Schlagenhauff are USPTA and Easitennis certified instructors who lead a talented staff teaching tennis in a friendly, fun and supportive environment. By keeping class size small, students benefit from individual attention that leads to quick results. New programs have been added this year for students of all levels. Also, Lessons By Appointment are available so you can set up a lesson plan that fits in your schedule. Whatever your level of play, you are just a few hours of FirstServe Tennis instruction away from a lifelong love of tennis!

Students should bring water to every session! Tennis rackets are required for all students!

Contact FirstServe Tennis Academy for program, racket and equipment recommendations. Call 703-867-1970 or visit [www.tenniseveryone.net](http://www.tenniseveryone.net) for more information.

### Adult Beginner PM: Tennis I

**350901-A Tuesdays 6:30-7:30pm**

5 sessions: Tuesdays June 19 – July 24 (Rain dates/Bonus play dates: Tuesday July 31, August 7.)

**Fees:** R \$100/ NR (Maximum: 4 students per instructor.)

### Adult Advanced Beginner PM: Tennis II

**350901-B Tuesdays 7:30 - 8:50pm**

5 sessions: Tuesdays June 19 – July 24 (Rain dates/Bonus play dates: Tuesday July 31, August 7.)

**Fees:** R \$135/ NR (Maximum: 4 students per instructor.)

### Adult Intermediate PM: Tennis III

**350902-A Wednesdays 7:30 - 8:50pm**

5 sessions: Wednesdays June 20 – July 25 (Rain dates/Bonus play dates: Wednesday August 1, and 8.)

**Fees:** R \$135/ NR (Maximum: 4 students per instructor.)

### TENNIS LESSONS by APPOINTMENT

Contact FirstServe Tennis Academy directly to set up time and dates for individual, semi-private and private group lessons. Call 703-867-1970 or visit [www.tenniseveryone.net](http://www.tenniseveryone.net) for more information.

#### Fees:

**Private (one student):** \$55/hr (\$180 for 4 one-hour lessons)

**Semi-Private (two students):** \$35/hr/student (\$130 per student for 4 one-hour lessons)

**Small Group (3 students):** \$30/hr/student (\$110/student for 4 one-hour lessons)

**Small Group (4 students):** \$25/hr/student (\$90/student for 4 one-hour lessons)

Large Groups/Special Events/Birthday Parties, etc. (Contact FSTA)

30-minute prorated lessons are available for ages 4-6.

March 1 – November 1; All Ages; *register directly with FirstServe Tennis*

#### FirstServe Tennis Academy

**PO Box 152 | 2200 Wilson Blvd. | Suite 102  
Arlington, Virginia 22201**

**Phone: 703-867-1970 or 571-217-1684**

**E-mail: [info@tenniseveryone.net](mailto:info@tenniseveryone.net)**



### Open Tennis Tournament

The 30th Annual Falls Church OPEN Tennis Tournament. Registration is open NOW! The tournament will be played May 21st-June 17th. Draws will be completed, Friday May 18th. Players schedule their own matches within a specified amount of time. Additional information including categories and fees is available by calling 703-248-5077.

## ADULT FITNESS CLASSES

### Noon Workout

Get a great lunchtime workout. Class incorporates a variety of aerobic and strength training activities including weights, floor exercises, steps and kickboxing techniques.

**Instructor:** Pam Doran

**Location:** Community Center

**350407-A Class Dates:** Tuesdays and Thursdays, June 5-August 23

**Time:** 12:10-1pm

**Fees:** R: \$168 / NR: \$178

### Step Aerobics

Class features warm-up, cardiovascular workout using the platform steps, muscle conditioning, flexibility stretches and a cool-down.

**Instructor:** Pam Doran

**Location:** Mt. Daniel Gymnasium

**350404-A Class Dates:** Mondays and Wednesdays, June 6-August 30 (no class July 4)

**Time:** 6:30-7:30pm

**Fees:** R: \$175 / NR: \$185

### Rise and Shine Step Aerobics

Class features warm-up, cardiovascular workout using the platform steps, muscle conditioning, flexibility stretches and a cool-down.

**Instructor:** Pam Doran

**Location:** Community Center Dance Studio

(No class August 11)

**350404-B Class Dates:** Saturdays, June 9-August 25

**Time:** 9-10am

**Fees:** R: \$77 / NR: \$87

### Kick Boxing Aerobics

Kick and punch out stress through an aerobic workout. Class includes warm-up, calisthenics and skill development: kicks, punches, jabs, hooks, uppercuts and combinations. Wrist wraps will be provided.

**Instructor:** Pam Doran

**Location:** Mt. Daniel Gymnasium

**350417-A Class Dates:** Tuesdays, June 12-August 28

**Time:** 7:30-8:30pm

**Fees:** R: \$84 / NR: \$94



### Body Toning

This 60 minute class starts with a low-impact warm-up, followed by light weights and resistance work to sculpt and tone all body parts, both upper and lower. This workout also includes abs and back exercises to balance out the body and increase torso strength. A final stretch, cool down and relaxation conclude the work-out.

**Instructor:** Eileen Cutrona

**Location:** Mt. Daniel

**350405-A Class Dates:** Tuesdays and Thursdays, June 5-August 23

**Time:** 6:30-7:30pm **Fees:** R: \$126 / NR: \$136

### Low Impact Aerobics

This class offers a gentle cardio workout combining aerobics, dance, Pilates and yoga movement patterns. Emphasis is on form, muscle elongation and injury prevention. Look better, feel better and enjoy the benefits of working with ease!

**Instructor:** Kim Blackmon

**360401-A Location:** Community Room

**Class Dates:** Mondays, June 4-July 16

(no class July 2)

**Time:** 9:15-10:15am

**Fees:** R: \$42 / NR: \$52

### Yoga for Fitness

This class introduces participants to fundamentals of yoga practice--including asanas (poses), breathing techniques, and body awareness--and is presented in a dynamic workout that includes stretching, strength-building, and complete relaxation. Participants work to safely and gently increase or restore flexibility and range of motion, build stamina, and improve coordination and balance. No previous yoga experience necessary; all levels welcome. Mats available.

**Instructor:** BodyMoves Fitness

**Location:** Community Room

**350406-A Class Dates:** Tuesdays, June 5-August 14

(no class July 4, August 7)

**Time:** 8-8:55pm **Fees:** R: \$108 / NR: \$118



### Pilates with Props

Pilates with Props employs small apparatus including Resistance Rings, Flex Bands, Sponge-balls and weighted bars to extend the range of intensity of Pilates mat exercises. The latter weeks of class add an element of balance work through use of the Swiss Ball. (Material fee in class to purchase a burst-resistant, 55 cm ball from instructor or bring your own.)

**Instructor:** BodyMoves Fitness

**Location:** Community Room

**350410-A Class Dates:** Tuesdays, June 5-August 7

(no class July 4)

**Time:** 7-7:55pm **Fees:** R: \$126 / NR: \$136

# Adult Fitness Classes

## Yoga for Everyone

Feeling stressed? Join long-time Falls Church instructor Sharon “Sam” A. Meehan and learn to breath, stretch and relax. This gentle traditional approach to yoga is guaranteed to reduce stress while increasing your strength, flexibility and stamina. You can improve your health and well being through yoga postures, breath techniques and deep relaxation to calm the mind and relax the body. Regular practice of yoga brings balance to the body, mind and soul. Class is suitable for all levels and abilities.



**Instructor:** Sharon “Sam” Meehan, RyT

**Location:** Community Room

**350401-A Class Dates:** Thursdays, May 24-June 28

**Time:** 7:15-8:45pm **Fees:** R:\$60 / NR: \$70

**350401-B Class Dates:** Thursdays, July 12-August 16

**Time:** 7:15-8:45pm **Fees:** R: \$60 / NR: \$70

## Yoga for Busy People

This new class includes several concise yoga practices doable in 5-10 minutes of daily practice: the 5 Tibetan Rites, inversions, and Sun Salutations A and B.

Students will be assisted to establish a concise daily practice in the midst of their busy lives. Previous yoga experience useful, but not necessary. Wear comfortable clothing, avoid heavy eating before class.

**Instructor:** Unyong Kim Waide

**Location:** Community Room

**350400-A Class Dates:** Wednesdays, May 23-June 27

(6 weeks)

**350400-B Class Dates:** Wednesdays, July 11-August 15

(6 weeks)

**Time:** 7:30-8:30pm **Fees:** R: \$80 / NR: \$90

## Family Yoga

This enjoyable class is back! It will combine yoga games and activities for the whole family with fun and interesting poses for yoginis of all ages and abilities, for strengthening, toning and stretching your minds and bodies. This class will introduce a common language for relaxation and concentration for use in your family. Grandparents, cousins, moms and dads, aunts and uncles are welcome! Make the family evening complete with the Falls Church Summer Concerts in the Park afterwards with your own picnic dinner (beginning late June).

**Instructor:** Unyong Kim Waide with Zoe, 9, Ella, 6, and Nora, 1!

**Location:** Community Room

**350402-A Class Dates:** Thursdays, June 7-28

**350402-B Class Dates:** Thursdays, July 12-Aug 3

**Time:** 5:45-6:30pm **Fees:** R: \$30 / NR: \$40 (per person)

## Yoga for Momma and Baby

Mommies and babies (6-18 months) can play, bond, and stretch in this fun yoga class with music, baby yoga activities and games. At the same time strengthen and tone your body, relieve physical and mental stress, and enjoy meeting other mothers and babies.

**Instructor:** Unyong Kim Waide & Nora Waide!

**Location:** Community Room

**350416-A Class Dates:** Fridays, June 1-15

**Time:** 9:15-10am **Fees:** R: \$35 / NR: \$45

## Tai Chi: Wu Style

Tai Chi is the perfect exercise. The slow, flowing movements strengthen your legs, increase your balance, and develop your body awareness. Health benefits of Tai Chi include: more efficient breathing, reduced blood pressure, increased bone density, and enhanced flexibility. The form is easy to learn and takes approximately 5 minutes to practice, but it can be repeated as many times as you desire. Wu style Tai Chi is famous for its health benefits and meditative effects. No athletic ability is required. No mat work is involved.

**Instructor:** Keith Harrington

**Location:** Community Room

**350503-A Class Dates:** Mondays, June 4-August 6

**Time:** 6:30-7:30pm **Fees:** R: \$150 / NR: \$160

## Beginning Karate

Beginning Karate is an introductory class for those of all ages interested in trying karate and possibly starting a life-time activity. Children and adults are welcome and are taught together. The class instruction is based on traditional Korean martial arts and covers basic blocks, kicks, punches, self-defense techniques, and forms (katas) that are common to many martial arts. The physical requirements are tailored to the students' capabilities. We do not have beginning students do any sparring (fighting). Beginning students are not required or expected to have uniforms.

**Instructor:** Bill Kennedy and Rick Hathaway

**Location:** Dance Studio

**320502-A Class Dates:** Mondays, June 4-August 20

**Time:** 7-8pm **Fees:** R: \$84 / NR: \$94

## Intermediate/Advanced Karate

This class is for students with experience in martial arts. The class is based on traditional Korean martial arts known as Tang Soo Do, which is very similar to Tae Kwon Do. We practice blocks, kicks, punches, self-defense techniques, and forms (katas) for advancement to senior belt levels. Continuing students are expected to have uniforms. Classes include sparring as part of the training but before participating in sparring as part of the training, students are required to be experienced enough to ensure everyone's safety.

**Instructor:** Rick Hathaway and Bill Kennedy

**Location:** Dance Studio

**320502-B Class Dates:** Mondays, June 4-August 20

**Time:** 8:15-9:15pm **Fees:** R: \$84 / NR: \$94



## ADULT CLASSES

### Bicycling 101

Performance, equipment, safety, and maintenance basics for new and intermediate riders: comfort and improvement tips, self-sufficiency, use of gearing, and street cycling fundamentals. One 3-hr session. No riding.

**Instructor:** Allen Muchnick

**Location:** Art Room

**350713-A Class Dates:** Friday, August 3

**Time:** 6:30-9:30pm

**Fees:** R: \$21 / NR: \$31



### Bicycle Maintenance & Repair

Lecture/demonstration on bike fit, breakdown repairs, and the inspection, adjustment, lubrication, and renovation of diverse components. Bike not required. One 3-hour session.

**Instructor:** Allen Muchnick

**Location:** Art Room

**350704-A Class Dates:** Tuesday, August 7

**Time:** 6:30-9:30pm

**Fees:** R: \$21 / NR: \$31

### Bicycle Mechanics Workshop

This self-directed, hands-on sequel to any other bicycle class lets you tune up, fix, or modify your bicycle or practice inspection, maintenance, or repair procedures. Bring bicycle(s), supplies, and inspiration. One 3-hour session.

**Instructor:** Allen Muchnick

**Location:** Art Room

**350705-A Class Dates:** Tuesday, August 14

**Time:** 6:30-9:30pm

**Fees:** R: \$21 / NR: \$31

### Proficient Cycling (LAB Road-2).

Advanced cycling and mechanical skills for LAB Road-1 (Cycling with Confidence) graduates: ride hills, rural roads, urban arterials, and freeway merges; discuss endurance training and hot, cold, wet, and dark conditions; observe common maintenance procedures. Bike and helmet REQUIRED at all classes. Material fee of \$10 payable to instructor at first class. Nine hours.

**Instructor:** Allen Muchnick

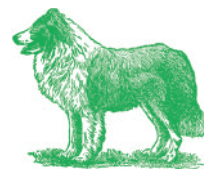
**Location:** Art Room

**350714-A Class Dates:** Three Thursdays, August 9, 16 & 23

**Time:** 6:30-9:30pm

**Fees:** R: \$63 / NR: \$73

### Dog Obedience



LEVEL 1 is designed to help establish understanding, joy and a fun relationship between you and your dog. Class includes obedience, home management, discipline and problem solving. The method employed uses affection and restraint. Check with the instructor before purchasing any new collar or leash to ensure a proper fit. Dogs must be at least four months old. LEVELS 2, 3 & 4 will prepare the pet owner and their dog for off leash work with the basic commands. Owners and dogs must have completed a course in Level 1 obedience. Dogs must not display any type of aggression and must be under the control of their owners. Dogs must be at least 6 months old.

Dog must not display aggression of any kind and must be under control of their owners. Parents of children under the age of 16 taking the class, must get permission from the instructor before registering by calling 703-698-0203. ALL STUDENTS MUST BRING CURRENT SHOT RECORDS TO THE FIRST CLASS.

**Instructor:** Janice Morton

**Location:** Cavalier Tennis Courts (Washington St. & Maple Ave.)

#### Level 1

**350701-A Class Dates:** Thursdays, June 7-July 26 (8 weeks)

**Time:** 6:30-7:30pm

**Fees:** R: \$56 / NR: \$66

#### Level 2, 3 & 4

**350702-A Class Dates:** Thursdays, June 7-July 26 (8 weeks)

**Time:** 7:30-8:30pm

**Fees:** R: \$56 / NR: \$66

## PAINTING

### Painting for Fun Oil & Acrylic

Mixing colors, pallet knife and brush techniques will be taught with an emphasis on painting for enjoyment. Students must purchase own supplies; a supply list is available from the instructor on the first day of class. Beginning through advanced students are welcome.

**Instructor:** Lou Jones

**Location:** Art Room

**350103-A Class Dates:** June 11-June 15 (no class June 12)

**Time:** 10am-2pm

**Fees:** R: \$112 / NR: \$122

See Knitting  
Class on  
page 20

# Falls Church Senior Center

## SENIOR CENTER ACTIVITIES

The Falls Church Senior Center is located in the Falls Church Community Center and jointly operated by the Recreation & Parks Division and Housing and Human Services Division of the Community Services Department. A wide range of recreational activities along with a lunch program available on Monday, Wednesday, and Friday. Please call 703-248-5021 for more information.

**Hours of Operation:** Monday-Friday, 9am-3pm

Seniors 65 and older who are residents of the City of Falls Church receive a 50% discount on classes, except where noted.

### Aquatics Class

Come join us for great workout in the water. Water aerobics every Tuesday from 10:30-11:30am. Van leaves at 10am. Fees apply. Call 703-248-5020 for more details.

### Game Day

Come every Friday from 9am-2pm for FUN and games.

### Canasta

If you are up for the challenge, or would like to socialize and play a friendly game, come play Canasta with us every Monday from 10am-12:30pm.

### Foreign Language Conversation Groups

Informal, drop-in groups meet weekly:

**Tuesdays:** German group 10am-noon  
Italian group 1:30-3pm

**Thursdays:** French group 10am - noon  
All groups looking for new members.

### Current Events

An informal group that meets the 2nd and 4th Monday of each month from 10-10:45am.

### Briscola

Play an Italian card game every Thursday from 10am-12pm.

### Bridge

Players gather at the Falls Church Senior Center on Monday and Friday for bridge. Monday's social bridge group meets at 10am and Friday's contract bridge group meets at 9am.

### Walking Group

Meets every Thursday from 10am-12pm, except the first Thursday of the month, 10am-1pm (bring a bag lunch). Visit different parks.

### Meet Me at the Movies

Meets the fourth Thursday of every month from 9am-12:30pm. Breakfast and movie included at Merrifield Theatre. See calendar for exact dates and movie titles. Transportation on your own.

### Blood Pressure

2nd and 4th Tuesday of every month from 10-11:30am

### Golden Age Bingo

Meets every Tuesday from 10am-1:30pm

### Bingo

Meets every Wednesday from 10am-2pm.

### Birthdays with Beryl

Join us on the 2nd Wednesday of the month at 12pm to celebrate all the birthdays in the month with tasty treats.

### Nutritionist

A nutritionist will provide healthy eating tips every 3rd Wednesday of the month at 12pm.

### Armchair Fitness

Exercise with us every Wednesday from 10am -10:30am.

### Mixed Trivia

Join Senior Center staff and test your knowledge on the 1st and 3rd Monday from 10am-10:45am.

### Rummikub Challenge

Come every Thursday from 10am-2pm and play a friendly game of Rummikub with friends and staff.

### Checkers Challenge

Every Wednesday at 10:30am

### Let's Share A Recipe

Please bring in the recipe for your special dish(es) that you would like to share with your friends at the Senior Center.

## SPECIAL SENIOR PROGRAMS

### June: Celebrate Summer

Thursday, June 21

### July: Ice Cream Social

Thursday, July 19

### August: Dog Days of Summer Party

Thursday, August 23

# Falls Church Senior Center

## Senior Trips using Fastran Transportation



Fee: \$1 Time: 10:15-1pm

(Call 703-248-5020 for more details)

**Shopping Trips:** **June:** Whole Foods, Wegmans  
**July:** World Market at Kingstowne,  
Safeway at Kingstowne  
**August:** Trader Joes, Harris Teeter

**Recreation Trips:** **June:** Ft. Ward Park, Shops at  
Kingstowne  
**July:** Fair Oaks Mall, Lake Accotink  
**August:** Fair Lakes Center,  
Old Town Alexandria

## UPCOMING SENIOR TRIPS

**June:** U.S. Air Force Memorial  
Bedford, Pennsylvania  
**July:** Potomac Mills  
The National Aquarium in Washington, DC  
**August:** The National Air and Space Museum's  
Steven F. Udvar-Hazy Center  
Charles Town Slots

## AARP Fifty Five Alive

A refresher-driving course for licensed drivers aged 50 & older. This course will review the different processes of driving for the older driver. A certificate will be issued at completion of the two-day course, which can be submitted to insurance. The State of Virginia mandates a discount in car insurance. Make checks payable to "AARP" for \$10.

**To register or for more information, call 703-248-5077.**

**Instructor:** Tom Smith

**Location:** Falls Church Community Center

**Class Meets:** May 21 & 22nd

**Time:** Class meets on both days from 10am-3pm

**Fees:** \$10 (discounts are not given)

## 2007 Senior Olympics Coming Soon

Mark your calendars Senior Olympics celebrates 25th Anniversary!!!

**Saturday, September 15** Opening Ceremony/Track & Field  
**September 15-27** Events scheduled

## Lunch Bunch

Join your friends on the 2nd Monday of every month at 12:30. If using van transportation, van will leave at 11:45am (\$1). Responsible for own meal.

**Monday, June 11** Great American Steak Buffet

**Monday, July 9** Applebees

**Monday, August 13** Anthony's

Falls Church Recreation and Parks

## ARMCHAIR TRAVEL

The Mary Riley Styles Public Library in conjunction with the Falls Church Senior Center takes you on an imaginary vacation at 10:30am on the fourth Friday of each month. Meet at the Community Center.

### June 22, 2007: Inside the Vatican

(Running time: 90 minutes)

National Geographic, with unprecedented access, provides a rare glimpse inside the secret archives and private chapels of the Vatican. Privileged accounts from Vatican officials, historians, and devoted individuals who worked closely with Pope John Paul II provide insight into the remarkable history of the holy city and the unique traditions that have survived for nearly 2000 years.



### July 27, 2007: Beijing

(Running time: 1 hour)

China's capital, Beijing, is located in the northeast of this vast county, divided into north and south by Chang'an Avenue and into east and west by the Forbidden City and Tiananmen Square. Beijing's vibrant mix of ancient monuments and bustling modern life make it an intriguing destination. While there, we'll try scorpion from a local street vendor, experience a traditional Chinese massage, take a hike along the Great Wall of China, sightsee by bike, and admire the beautiful gardens and stunning frescoes of the Lama temple. Hope on board and join us!



### August 24, 2007: Jerusalem: The City Touched by God

(Running time: 53 minutes)

The passion and power of the singular city at the heart of Judaism, Christianity, and Islam is revealed in this award-winning film, hosted by internationally acclaimed actress, author, and director, Liv Ullmann. The story of Jerusalem's 3,000 year history unfolds in a sight and sound spectacular of breathtaking visuals and magnificent music. Richly textured with exquisite art, artifacts, and architecture of Jerusalem and memorable performances by the 330 voices of the Mormon Tabernacle Choir, the film is compelling viewing for audiences of all faiths.



# Facility Rentals

**The Falls Church Recreation and Parks Department welcomes the opportunity to serve you as a rental patron. Rooms in the Community Center, picnic shelters, and the Cherry Hill Farmhouse are available for rent to residents and non-residents, businesses and civic organizations.**

Anyone wishing to rent space must fill out an "Application for Use of Facilities and Equipment" form, which is available at the Community Center and online at [www.fallschurchva.gov](http://www.fallschurchva.gov). We will can also mail or fax it to you. Below are the general guidelines to follow when applying for rentals:

- Applicants must be at least 21-years-old.
- It is helpful to include set-up instructions and requests for any equipment that may be needed (example: number of tables and chairs, microphone, coffee pot, projector, etc.). Room layout diagrams are appreciated.
- Be sure to include your set-up and clean-up time in the reservation request. For example, if your event will be held from 2-4pm., you might need to get into the room at 1:30 to set-up your meeting materials or party decorations and then you might need a minimum of one-half hour afterwards to clean up, so your reservation request would be 1:30-4:30pm.

- Parties require a security deposit. The deposit will be returned if the rental facility is left in good condition and equipment is not damaged.
- Requests should be made as far in advance as possible. Requests to reserve rooms may be made up to four months in advance. **It takes approximately five business days to process requests.** Reservations are not final until the Director approves the request. Staff will contact you as soon as the reservation is approved. Do not send out notices or invitations until your request is approved.

**For more information, visit [www.fallschurchva.gov](http://www.fallschurchva.gov) or call 703-248-5077. You can pick up a rental package at the Community Center, 223 Little Falls St.**



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Falls Church, VA 22046

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